

Stay Fit to Prevent Falls in Montgomery County

Falls are a major threat to the health and well being of older residents. More than 1/3 of older adults fall each year, often leading to injuries that reduce activity and independence. The good news is that falls can be prevented. Learn more below.

	Did you know?	▶ Here's what to do:
Get Educated	People who take 4 or more medicines may be at risk of falling.	▶ Discuss the side effects of your medicines and potential drug interactions with your doctor or pharmacist.
	Difficulty walking, vision problems, arthritis, and drinking alcohol are falls risk factors.	▶ Attend a seminar on falls prevention. Call 240-777-3000 (TTY: 240-777-4575) to learn about an event near you.
Get Screened	One way to prevent falls is to know your personal risk of falling.	▶ Discuss your personal risk of falling with your doctor or physical therapist.
	Hazards in your home may increase your risk of falling.	▶ Call MC Fire & Rescue for a home safety and falls prevention check, 240-777-2430.
Get Fit	Sitting too much is a falls risk.	▶ Stand up and move!
	Strong legs and good balance help prevent falls.	▶ Learn about exercise opportunities near home.

Falls Prevention Month planners: Montgomery County Aging and Disability Services and Departments of Recreation, Fire and Rescue, and Housing Opportunities Commission; Sunrise Assisted Living; Circle of Rights; Holy Cross Hospital; Suburban Hospital; Alzheimer's Association; Village of Friendship Heights; Jewish Community Center; Vital Living Committee; OASIS; Adventist Healthcare and mindRAMP and Associates, LLC.

Local Resources for Fall Prevention

The organizations listed on the back are eager to help you prevent a fall. Here are the types of programs they may offer:

Exercise Opportunities

Ask about classes that aim to build strength and improve balance, or classes which target conditions you may have, such as arthritis, osteoporosis and Parkinson's disease.

Health Education

Ask about classes or lectures related to falls prevention.

Screenings and Assessments

Take advantage of opportunities to have your vision, hearing, gait and balance checked.

Medication Management

Pharmacists give lectures and periodically review medicines, checking for appropriate dosing; problems caused by interactions between medicines and other substances such as alcohol; and other issues that could leave you at risk of a fall.

Home Safety Checks

Be sure to check for hazards in your home that could put you at risk of falling. You can access a safety checklist at www.cdc.gov. Go to the site and search for "Check for Safety: A Home Fall Prevention Checklist."

List of resources on next page

Hospitals

Holy Cross Hospital Community Health
301-754-8800
www.holycrosshealth.org

Holy Cross Hospital Senior Source
301-754-8510

Holy Cross Hospital Private Home Services
301-754-7780
(provide home safety checks)

Montgomery General Hospital
301-774-8881
www.montgomerygeneral.com

Shady Grove Adventist Hospital
1-800-542-5096
www.adventisthealthcare.com/SGAH

Suburban Hospital
301-896-3939, press option 2
www.suburbanhospital.org

Washington Adventist Hospital
1-800-542-5096
www.adventisthealthcare.com/WAH

Non-Profit Agencies

Asbury Methodist Village
301-987-6258
www.asburymethodistvillage.org

Jewish Community Center
301-348-3860
www.jccgw.org

OASIS
301-469-6800, press 1, then ext. 211
www.oasisnet.org

Senior Centers

Damascus
240-777-6995
www.montgomerycountymd.gov/rec

Gaithersburg Upcounty
301-258-6380
www.gaithersburgmd.gov

Holiday Park
240-777-4999
www.holidaypark.us

Long Branch
240-777-6975
www.montgomerycountymd.gov/rec

Margaret Schweinhaut
240-777-8085
www.montgomerycountymd.gov/rec

Rockville
240-314-8800
www.rockvillemd.gov/seniorcenter

Government

Montgomery County Senior Resource Line
240-777-3000
www.montgomerycountymd.gov/senior

Montgomery County Fire and Rescue
240-777-2430
www.montgomerycountymd.gov

National Institutes of Health
www.nihseniorhealth.gov
Search for "Falls and Older Adults"
and check out the videos.



Montgomery County Government
Health And Human Services
www.montgomerycountymd.gov/senior



Montgomery County Government
Health And Human Services

Preventing Falls:

Get Educated

Get Screened

Get Fit

